Communication Goals and Assets: Grade 9 and 10

- •Listen with an open mind.
- •Speak your opinion with the feelings of others in mind.
- •Make eye contact, ask clarifying questions, respond in a meaningful way.
- •Don't be a nitpicker: let others speak their opinion without correcting them.

- •Be direct: speak directly with teachers about concerns or absences.
 - •Emails are letters, not texts.
 - •Be respectful and kind when posting online.
 - •Check teachers websites everyday.

Actively listen with an open mind

Be aware of

timing, tact,

and tone

ASSETS

Use

- •Use a respectful tone of voice
- •Don't get distracted when talking with others: put your phone down, look at the speaker and ask questions/respond.
- •Interrupt politely.
- •Think: "Is my question relevant to the discussion?"
- •What you don't say is important too, watch your body language.

Initiate communication

appropriate \
communication

- •Ask first! Reach out to teachers about struggles, make-up work, and absences before it is a problem.
- •Make appointments: schedule specific times to meet with teachers and show up!
- •Need extended time, extra credit, or concerned about a grade? Just ask...the worst they can say is "No".
- •Talk to trusted adults for support.

Resiliency Goals and Assets: Grade 9 and 10

- The space between failure and perfection is where we make the most progress as learners. Keep trying!
- •Be specific about what you are struggling with: "I'm having trouble with _____". Don't use general terms like "I can't do this."
- •Recognize when you are using excuses to avoid a struggle and change your approach.

- •Don't be afraid to ask! You're probably not the only one confused or unsure.
- •Create a healthy balance of commitments based on what you value; fit what is important to you in without neglecting your responsibilities.

Practice patience as you learn

•Struggling to manage it all? Seek out your Counselor, Dean, parents, or a trusted teacher for help.

ASSETS

Set goals and develop a healthy plan for success

Productive

necessary

to learn

struggles are

Begin to identify your values and beliefs

- •Talk about your successes and struggles with your parents and the school.
- •Think about what you value in life and try to make decisions based on these values.
- •Work on seeing mistakes as part of the learning process and take time to reflect on your personal mistakes with others.
- •Identify personal risks and talk with others about them.

- •Don't over book yourself! Make sure you schedule yourself for success.
- •Make realistic choices around course selections and activities with help from your parents and the school. Talk with them regularly to assess your commitments.
- •You don't have to do it all. Life is all about balance!

Communication Goals and Assets: Grade 11 and 12

- •Don't be the only voice! Invite others to share opinions & ideas.
- •Use respectful responses: "Oh, I see what you mean."
 "Ok, that makes sense." "I never thought of it that way."
- •Show respectful body language: make eye contact, lean toward speaker, & put your phone away. Crossing your arms and looking away says, "I don't care about what you're saying."

Communicate with **confidence and respect**:

- •Enlist your teacher's help to discuss a grade, assignment deadline, or absence.
 - •Enlist the help of the Department Leader if you need help talking with a teacher.
 - •Enlist the help of your dean with an attendance issue.

Cooperate in group discussions

Communicate with confidence

•Ask questions to learn more.

- •Ask others what *they* think.
- •If you disagree, be **respectful**!
- If you offend someone, apologize...
- •It's ok to "agree to disagree"

ASSETS

Develop your own opinions through participation

Identify and use your support network

- Think: Do I need an adult's help?
- •Who do you trust?
- •Share any concerns, conflicts, and confusion with a teacher, school counselor, or dean. We are all here to support you!
- •Encourage your friends to do the same!

Resiliency Goals and Assets: Grade 11 and 12

- Exercise "stick-to-it-iveness".
- Tackle challenging problems; try different approaches.
- •The space between failure and perfection is where we make the most progress as learners. Keep trying!
- •Remember that the point is not always to get **Remember:** the right answer, but to learn how to learn! productive
- •Use your supports if you get stuck.

- •Embrace challenges; working to meet them is the only way to grow!
 - •What do you hope to accomplish? Strive to balance work and fun, as well as what you *need* with what vou want.

Be flexible when setting goals

•Think before doing: How will this choice impact my personal goals?

ASSETS

struggle is part

of learning

Rely on your

core values

- •What are you good at? What are you and abilities passionate about? What is most important to you? The answers can make a positive impact on your friends, family, school, and our community!
- •Give back without expecting a reward.
- •Take on a leadership or mentoring role with underclassmen.

Take healthy risks

- ·Look for new activities and try new things (clubs, sports, plays, events) What's the worst that could happen?
- •Speak up in class, even if you're unsure.
- •Think: What could be an outcome of this decision?
- •Be an active part of solutions.